

**5 A DAY (LONDON) LTD**  
**UNAUDITED ACCOUNTS**  
**FOR THE YEAR ENDED 31 DECEMBER 2019**

**5 A DAY (LONDON) LTD**  
**UNAUDITED ACCOUNTS**  
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**5 A DAY (LONDON) LTD**  
**COMPANY INFORMATION**  
**FOR THE YEAR ENDED 31 DECEMBER 2019**

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<b>Director</b>	Muhammad Jawad Naeem
<b>Company Number</b>	11104665 (England and Wales)
<b>Registered Office</b>	23 Kendal Avenue barking Barking IG11 7RF United Kingdom

**5 A DAY (LONDON) LTD**  
**STATEMENT OF FINANCIAL POSITION**  
**AS AT 31 DECEMBER 2019**

	Notes	2019 £	2018 £
<b>Fixed assets</b>			
Tangible assets	4	1,883	2,296
<b>Current assets</b>			
Debtors	5	358	-
Cash at bank and in hand		-	230
		358	230
<b>Creditors: amounts falling due within one year</b>	6	-	(2,200)
<b>Net current assets/(liabilities)</b>		358	(1,970)
<b>Total assets less current liabilities</b>		2,241	326
<b>Creditors: amounts falling due after more than one year</b>	7	-	(182)
<b>Net assets</b>		2,241	144
<b>Capital and reserves</b>			
Called up share capital		1	1
Profit and loss account		2,240	143
<b>Shareholders' funds</b>		2,241	144

For the year ending 31 December 2019 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies. The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The director acknowledges his responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared and delivered in accordance with the provisions applicable to companies subject to the small companies' regime and in accordance with the provisions of FRS 102 Section 1A - Small Entities. The profit and loss account has not been delivered to the Registrar of Companies.

The financial statements were approved by the Board and authorised for issue on 7 December 2020 and were signed on its behalf by

Muhammad Jawad Naeem  
Director

Company Registration No. 11104665

**5 A DAY (LONDON) LTD**  
**NOTES TO THE ACCOUNTS**  
**FOR THE YEAR ENDED 31 DECEMBER 2019**

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**1 Statutory information**

5 A DAY (LONDON) LTD is a private company, limited by shares, registered in England and Wales, registration number 11104665. The registered office is 23 Kendal Avenue, Barking, IG11 7RF, United Kingdom.

**2 Compliance with accounting standards**

The accounts have been prepared in accordance with the provisions of FRS 102 Section 1A Small Entities. There were no material departures from that standard.

**3 Accounting policies**

The principal accounting policies adopted in the preparation of the financial statements are set out below and have remained unchanged from the previous year, and also have been consistently applied within the same accounts.

***Basis of preparation***

The accounts have been prepared under the historical cost convention as modified by the revaluation of certain fixed assets.

***Presentation currency***

The accounts are presented in £ sterling.

***Tangible fixed assets and depreciation***

Tangible assets are included at cost less depreciation and impairment. Depreciation has been provided at the rates of 18% in order to write off the assets over their estimated useful lives:

**4 Tangible fixed assets**

	<b>Motor vehicles £</b>
<b>Cost or valuation</b>	<b>At cost</b>
At 1 January 2019	2,800
At 31 December 2019	2,800
<b>Depreciation</b>	
At 1 January 2019	504
Charge for the year	413
At 31 December 2019	917
<b>Net book value</b>	
At 31 December 2019	1,883
At 31 December 2018	2,296

**5 Debtors**

<b>2019</b>	<b>2018</b>
<b>£</b>	<b>£</b>
Other debtors	-
358	-

**6 Creditors: amounts falling due within one year**

<b>2019</b>	<b>2018</b>
<b>£</b>	<b>£</b>
Loans from directors	2,200
-	2,200

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<b>7 Creditors: amounts falling due after more than one year</b>	<b>2019</b>	<b>2018</b>
	<b>£</b>	<b>£</b>
Other creditors	-	182

**8 Average number of employees**

During the year the average number of employees was 0 (2018: 3).

